



Interior
Department
Recreation
Association

IDRA Fitness Center

Membership Information & Application

1849 C St. NW, Washington, DC 20240

DOI MIB Room B-538

Fitness Center Hours: Monday-Friday 6:30AM - 6:30PM

Phone: 202-208-5756 Fax: 202-208-6976

Email: interiorrec@yahoo.com * Website: www.interiorrec.org

IDRA FITNESS CENTER PRICE LIST

All fitness center members must pay a **non-refundable \$25.00 Initiation Fee** in addition to the fees listed below. Members must also remain in good standing within the IDRA paying the **Annual Association fee of \$15** (DOI, OPM, GSA, Red Cross & DOI Retirees), or **\$17** (OAS, PAHO & DAR).

DOI/OPM EMPLOYEES

\$468.00 Annually

\$18.00 Biweekly*

*By payroll allotment. Payroll allotment is available only for DOI and OPM employees. Association and initiation fees must be paid upon joining.

GSA/RED CROSS EMPLOYEES

\$470.00 Annually*

\$243.00 Semi-Annually*

*A \$2.00 billing fee will be charged upon renewal of annual, semi-annual or quarterly option. Association and initiation fees must be paid upon joining.

DAR/OAS/PAHO EMPLOYEES

\$480.00 Annually

\$40.00 Monthly*

*All employees of OAS, PAHO and DAR must have prior written approval from their Staff Association contact person for monthly deductions and must complete an IDRA Fitness Center Application. Association and initiation fees must be paid upon joining.

DOI RETIREES

\$257.00 Annually*

*Annual and association dues must be paid in full upon joining.

IDRA Services:

Fitness Center (B538) Mon-Fri 6:30am-4:00pm

Post Office (B348) Mon-Fri 9:00 am-3:00pm

Buying Service (B342) Tues-Thur. 10am-3pm

Dry Cleaners (B342) Tues-Thur. 10am-3pm

Barber Shop/Beauty Salon (B365) Temporarily closed

By reading this information packet you have already taken the first step to beginning or continuing a healthier and more active lifestyle. We invite you to discover what we have to offer and see how you can enjoy the benefits of physical fitness.

The Interior Department Recreation Association (IDRA), a non-profit organization founded by members of the Department of Interior, provides the service of the fitness center for the employees of DOI and the employees of neighboring buildings. The IDRA Fitness Center provides its members with initiation and membership costs that are much lower than comparable facilities in the area and provides the convenience of being close to your workplace. All of the fitness center staff is nationally certified in group exercise, personal training, CPR and first aid. Our newly renovated fitness center is equipped with updated locker/shower facilities, a new heating ventilation air conditioning (HVAC) system, handicapped accessibility, skylights, saunas, an updated pro shop and other amenities.

IDRA Fitness Center

Location: Room B538

Phone: 202-208-5756

Hours of Operation: 6:30am-4:00pm Monday-Friday

The IDRA Fitness Center offers:

Equipment:

Cardiovascular Equipment; includes treadmills, ellipticals, steppers, rowing machines, body arc machines, recumbent & upright stationary bicycles. The weight room consists of a variety of Cybex equipment, dumbbells, medicine balls, and exercise balls. For your convenience; an Equipment orientation is available upon request.

Massage:

IDRA Fitness Center has massage sessions, every Wednesday from 11:00am-12:55pm, located in the IDRA Fitness Center. Sessions are 15-30 minutes long, and administered by our *Certified Massage Therapist Robert McGinnis*. Sign-up is available through-out the week at the front desk, or over the phone at 202-208-5756. Fees are \$15.00 per session, payable by cash or check to Robert McGinnis. Gift Certificates are also available.

Basketball Court:

IDRA Fitness Center offers a full basketball court. The court is open daily for play apart from Group Exercise classes. The basketball court also hosts fun fitness events.

Volleyball:

Volleyball play is held during the Fall season. Open play is on Wednesday nights.

Lockers:

Permanent lockers (in the hallway) are available for member use for a nominal annual fee. The lockers in the locker rooms are for day use only.

Sauna:

State of the art Dry Sauna.

Interior Department Recreation Association
FITNESS CENTER APPLICATION

_____ Date of Application
 _____ \$25.00 Initiation Fee (Non-Refundable)

IDRA Annual Membership Fee (Select One):

_____ \$15.00 Annual Association Fee (DOI, OPM, GSA, RED CROSS
 & Retirees)
 _____ \$17.00 Annual Association Fee (DAR, OAS, & PAHO)

Payment Method (Select One):

_____ Bi-weekly/Payroll Allotment (DOI, OPM)
 _____ Monthly (OAS, PAHO, DAR)
 _____ Quarterly
 _____ Semi-Annually
 _____ Annually
 _____ Temporary
 _____ DOI Retirees

Employment:

____ DOI ____ OPM ____ OAS ____ PAHO ____ DAR ____ GSA ____ STATE
 ____ RED CROSS ____ FRB ____ OTHER

(DOI employees please select bureau below)

BIA BIE BLM BOR FWS BOEM BSEE NBC NPS OIG OS OSM USGS SOL

(Please print clearly)

_____ First Name _____ MI _____ Last Name

_____ Date of Birth _____ M/F

_____ Street Address

_____ City _____ State _____ Zip Code

_____ Office Phone _____ Home Phone _____ Signature

_____ E-mail address

IDRA FITNESS CENTER RULES & REGULATIONS

All Members of the IDRA Fitness Center must show their card upon entering the Fitness Center.

1. Each Fitness Center member must maintain a current IDRA membership. IDRA billing statements are mailed annually in March and payment is due **May 1st** of each year.
2. Smoking is not permitted in the Fitness Center.
3. Food or beverages may not be consumed in or brought into the Fitness Center, with the exception of water/beverages in a plastic bottle with a lid.
4. Upon exiting the building to go jogging, etc., and upon return, all individuals must use designated exits.
5. IDRA reserves the right to sever all membership privileges for participants if at any time it feels that such participation is interfering with service to other members.
6. If you are using a locker that is designated for "Day Use only," the lock and all contents must be removed by the close of the fitness center that day. Any locks or items left overnight will be removed by the IDRA Fitness Center management.
7. Members whose memberships expire must empty their lockers within five days of expiration or have their lock removed and contents disposed of by the Fitness Center staff.
8. Members are required to wear appropriate sports/fitness attire at all times. Clothing with belts, buckles and zippers including jeans and/or other office attire, or other features judged by the IDRA staff to be potentially destructive to upholstery or other IDRA Fitness Center equipment is not permitted.
9. Towels are permitted in the weight room. All other personal items, including gym bags, must be kept in lockers.
10. Shirts must be worn at all times while in weight room, aerobic area, cardiovascular area, etc.
11. Members and guests may not display actions that the Fitness Center staff deem unsportsmanlike or rude, or misuse, move or alter any portion of the Fitness Center environment or property.
12. No bare feet allowed outside of locker rooms.
13. Members and guests are fully responsible for personal items that are lost, stolen, or damaged at the Fitness Center.
14. Street shoes and black-soled shoes of any kind are not permitted on the hardwood gym floor, with the exception of non-marking black soled fitness sneakers.
15. Members using payroll allotment **MUST REMAIN MEMBERS FOR AT LEAST 90 DAYS**. Exceptions are made for persons who transfer jobs or who can no longer exercise for medical reasons (documentation from supervisor or doctor required). The cancellation process for payroll allotment could take up to (1) one month.
16. **Guest Policy:** All non-members must first contact an IDRA Fitness Center staff member and sign an informed "Consent Waiver" prior to participating in any activity. Our policy permits the same person to be a guest only once every ninety (90) days. If you are interested in using the Fitness Center more frequently, please consult a staff member to inquire about membership.
17. Members must adhere to any other rules and regulations that are posted throughout the Fitness Center.

I have read the rules and regulations pertaining to my use of the IDRA Fitness Center. By signing below I agree to comply with said requirements as well as other posted rules and regulations with the understanding that if I do not, my membership privileges and all membership dues will be forfeited.

Signature _____ Date _____

IDRA FITNESS CENTER - INFORMED CONSENT WAIVER

I, the undersigned, wish to participate in the fitness program as offered by the IDRA and its Fitness Center. I certify that I am physically able to participate in any activities in which I will take part. I have a reasonable basis for this opinion due to examination and/or consultation with my physician. I also certify that I will use good judgment while exercising and will not overexert. I recognize that I am responsible for knowledge of my own state of health, and I will advise the fitness director/staff of any health problems related to exercising. I understand the participation in some or all fitness center activities may be denied to me for health reasons at the discretion of the IDRA Fitness Center staff.

I realize that any time one engages in physical activity there are inherent dangers. I therefore accept any and all responsibility and assume the risk of any and all injury or damage to my person which may arise, whether directly or indirectly as a result of my participation in the fitness program, or as a result of the prescriptive advice I receive. I hereby release and hold harmless from any liability whatsoever the IDRA, as well as its affiliates, directors, officers, employee, and representatives.

I also agree to abide by the rules and regulations as established by the IDRA with the understanding that violation of such rules may result in withdrawal of my privilege to utilize the fitness facility or engage in the prescribed fitness program.

I certify that I understand and agree to the contents of this waiver.

Printed Name _____ **Office Phone #** _____

Signature _____ **Date** _____

Witness _____